

Winterfit

Activity Log
January to March



Welcome!

Your decision to participate in Winterfit will help you increase your energy levels, reduce stress, manage your weight, and be fun. Many of us have a hard time viewing exercise as fun, either because we are too busy, or we just can't get motivated. Winterfit is designed to help you reach your goals by making fitness a priority. Charting your progress over three months will allow you to see your improvement and possibly even discover how exercise can be fun for you. **(Please refer to the last page for instructions on how to participate in Winterfit.)**

Benefits of Winterfit:

- ‡ You will burn excess calories, especially around the holidays when weight gain is common.
- ‡ Your increase in energy will surprise you.
- ‡ You will have the opportunity to lower your stress and raise your spirits.
- ‡ You can fit into your holiday clothes a little better.
- ‡ You can get a head start on your New Year's fitness or weight loss resolutions.
- ‡ You will feel better about yourself.
- ‡ You will enjoy the accomplishment of setting and reaching goals.

Getting Started:

If you are getting back into an exercise program or are starting one for the first time, it is vital that you prepare yourself for the starting date. Here are some helpful tips:

- CPlan ahead.
- CStart slowly; gradually add exercise to your daily routine.
- CMake fitness a priority.
- CSet a convenient time to exercise and stick to it.
- CSet short-term and long-term goals to help you reach specific levels of fitness.
- CFind a friend to be your "exercise partner."
- CBefore starting an exercise program, see your doctor if you are over 40, sedentary, overweight, diabetic, a smoker, predisposed to heart disease, and/or predisposed to high blood pressure.

If you are incorporating the program into your existing exercise regime, consider setting goals to boost your current fitness level.

Setting Your Goals:

For maximum success, it is important for your goals to be

SMART :

† Specific.

‡ Measurable.

^ Attainable.

v Relevant.

‡ Time-oriented.

"Obstacles are those frightful things you see when you take your eyes off your goals." -Unknown

Levels of Activity

Beginner -exercises 2-3 times per week/ 15-20 min

Intermediate - exercises 3-4 times per week/30 min

Advanced- exercises 5-7 times per week/more than 30 min

What is your current level of activity?

What level would you like to reach by the end of the program?

Improving fitness requires a gradual increase in the Frequency, Intensity, and Time (F.I.T.) that you exercise.

So where do you go from here?

Here are a few examples of how to set specific goals:

During the next three months I will:

g exercise ____ times per week. (Frequency)

g walk at (an increased speed of) ____ mph rather than (my current speed of) ____ mph. (Intensity)

g increase my exercise time by ____ minutes per day. (Time)

Long-term Goals: What is the big picture for me?

1. _____
2. _____
3. _____

Short-term Goals: How will I reach these long-term goals?

1. _____
2. _____
3. _____

How hard should you exercise?

- Ø Begin with a 5-10 minute warmup to prepare the heart, lungs, and muscles for more strenuous exercise (e.g. walking or riding a bicycle slowly).
- Û End the exercise session with a 5 minute cool-down. (A cool-down allows your heart rate to gradually decrease until it has reached your normal heart rate.)
- Û Stretch after the warm-up and after you are finished with the cool-down to prevent injury and soreness.
- Æ To find out if you are exercising too easy or too hard, use your target heart rate or the talk test. First, figure your target heart rate range (below). Then, check your pulse periodically by placing your index and middle fingers over your carotid artery in your neck, count for 6 seconds, and multiply by 10. To use the talk test, just see if you are able to talk while exercising. If you are a little out of breath but still can talk, you are doing fine. If you are extremely out of breath, you may want to slow down. If you can sing, you may want to speed up the pace.

TO DETERMINE YOUR TARGET HEART RATE ZONE:

Ï Subtract your age from 220 to get your **Maximum Heart Rate**.

Ï Multiply your Maximum Heart Rate by 0.75 to get your **Maximum Target Heart Rate**.

Ï Multiply your Maximum Heart Rate By 0.50 to get your **Minimum Target Heart Rate**.

Source: Tribune Media Services Webpoint

My Target Heart Rate Zone is from
_____to _____ beats per minute.

Why should I exercise? #1

Exercise increases the strength and efficiency of your heart, lowering your risk for heart problems.

JANUARY

If you are facing in the right direction, all you need to do is keep on walking
-Buddhist saying

Week 1:

	Date	Activity	Total Minutes
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Total Time: _____

Choose an Activity That is Right for You*

	Light	Moderate	Vigorous
Aerobic Dance:	120	200	300
Cycling:	130, 5.5 mph	220, 10 mph	320, 13 mph
Racquet Sports:	175, Bdmntn	210, Tennis	360, Rcgthll
Rowing:	200	----	420
Running:	320, 5.5 mph	390, 6.75 mph	550, 10 mph
Skiing:	300, Downhill	200-560, Cross-country	
Swimming:	180, 25 yds/min	260, 40 yds/min	375, 50 yds/min
Walking:	105, 2.5 mph	200, 4.5 mph	370, 6 mph

*Approximate calorie expenditure is for a person weighing 150 lbs and participating in the activity for 30 minutes. Add 10 percent for every 15 lbs over this weight and subtract 10 percent for every 15 lbs under. Source: The Wellness and Fitness Guide to Lifelong Fitness by Timothy P. White, Ph.D.

Tips for Exercising in the CHILLY Months

- g Dress in layers until your body temperature increases. Then, take off unneeded clothes.
- g Wear a hat to retain body heat.
- g Wrap a scarf around your nose and mouth to warm the cold air as you inhale.
- g Find a local mall, indoor track, or any place that will allow you to walk inside.
- g Think about going to your local video store to rent exercise videos. Consider buying one or two videos to have at home.
- g Consider purchasing exercise equipment for your home. Buying used equipment can save you a little money.

January - Week 2:

	Date	Activity	Total Minutes
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Total Time: _____

Why should I exercise? #2

Exercise is good for your lungs: More oxygen is drawn into the body and more carbon dioxide and other waste gases are expelled.

Y Dream **big dreams** but take little s t e p s.

January- Week 3:

	Date	Activity	Total Minutes
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Total Time: _____

Walking: The Gentle Giant of Exercise

Many fitness professionals believe that walking is the ideal aerobic exercise; walkers gain the benefits of exercise with a decreased risk of injury. Weight bearing exercises (such as jogging or basketball) can impact your body with forces ranging from three to ten times your weight. The walking stride is a safe, less jarring motion usually causing a force of impact just equal to your body weight. Some weight bearing exercises burn more calories and get you "in shape" quicker than walking; however, they pose risks of injury which may lead to cessation in exercise altogether. Not only is walking safe, but it also works the body's large muscle groups, strengthens the cardiovascular system, increases bone density, and burns calories. *Adapted from Walking Magazine, 1996.*

"1 mile is equal to:
5 to 6 residential blocks, 21 to 26 downtown blocks, & 2,640 walking steps." *Source: The Hope Heart Institute*

Women and Exercise

Women who have reached menopause can reduce their risk of premature death (from all causes) by 30% simply by getting regular exercise. Exercising even once a week reduces a woman's chance of premature death. The more frequent and intense the exercise, the greater the reduction in risk. *Source: Journal of the American Medical Association, Vol. 277, No. 16.*

January - Week 4:

	Date	Activity	Total Minutes
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Total Time: _____



Y Be patient with everyone, including yourself

-Anonymous

Why should I exercise? #3

Exercise lowers your blood pressure, risk for heart attack, and stroke by decreasing the amount of harmful LDL cholesterol and fats in your blood, increasing flexibility of blood vessels, and decreasing plaque accumulation in arteries and veins. *Source: The American Medical Association-www.ama-assn.org.*

F E B R U A R Y

ÿ Love your enemies. It will drive them crazy. -
Unknown

Week 5:

	Date	Activity	Total Minutes
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Total Time: _____

s t r e t c h i n g

- Ø Choose the best time of day, a time when you are not rushed.
- Û Warm up before you stretch. It will increase the temperature and circulation in your muscles, which increases their pliability.
- Û Listen to your body. Never try to force a stretch; instead, ease into it and take the muscle only to the point of slight discomfort.
- Û Breathe evenly, normally and slowly.
- Û Pay attention to body areas that are the least flexible and stretch them more often.
- ÿ Stretch muscles in pairs to gain bilateral or equal flexibility. After stretching one side, stretch the other (e.g. stretch the biceps, then the triceps).
- Þ Progress at your own speed. Gradually work toward your goals.

Source: *The Wellness and Fitness Guide to Lifelong Fitness*
by Timothy P. White, Ph.D.

ÿ The greatest of all mistakes
is to do nothing
because you can only do a little.
Do what you can.
-Sydney Smith

February- Week 6:

	Date	Activity	Total Minutes
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Total Time: _____

Why should I exercise? #4

Exercise enhances your emotional well being. Most people feel calm and anxiety-free after exercise. They feel better about themselves, less tired, more productive at work, and more interested in sex. According to one theory, exercise releases beta-endorphin, a natural substance in the body that are hundreds of times more potent than morphine. The release begins to occur 12 minutes into the workout. Another theory points to an increase in serotonin, which is associated with feelings of well-being, heightening of appetite, and lessening of mental depression. Source: *The American Medical Association*, www.ama-assn.org.

Mindg Bodyg Spirit

Wellness does not just include your body, it includes your mind and spirit. Being healthy in every aspect of your life can be challenging, especially with all of the demands of today's world. Here are some inspiring quotes to help you along your journey to great health:

"The really idle man gets nowhere. The perpetually busy man does not get much further."
-Sir Heneage Ogilvie

"The time to relax is when you don't have time for it."
-Sidney J. Harris

"Youth is not a time of life; it is a state of mind; it is not a matter of rosy cheeks, red lips and supple knees, it is a matter of the will, quality of the imagination, a vigor of the emotions; it is the freshness of the spring of life."
-Samuel Ullman

February – Week 7:

	Date	Activity	Total Minutes
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Total Time: _____

5 Immunity Boosters for Cold and Flu Season

- Ø **Sleep and Relaxation** – Complete rest is needed daily to rebuild your immune system. Break from mental tension and conflicts with regular periods of relaxation everyday.
- Ø **Power Nutrients** – Evidence points to improved immunity when we eat plenty of foods high in vitamins A, B complex, C and E, and the mineral zinc.
- Ø **Moderate Exercise** – It increases the amount and activity of cells that guard against tumors and viruses.
- Ø **Hardy Personalities** – Combining self-esteem and tolerance in everyday life shows higher counts of tumor-fighting cells and keeps you stress free and disease resistant.
- Ø **Laughter** – It can increase antibodies that fight infection as well as decrease the hormone cortisol, an immune suppressor.

Source: HealthQuest Newsletter, Vol VI, No 6., Nov, 1995.

February – Week 8:

	Date	Activity	Total Minutes
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Total Time: _____

Why should I exercise? #5

"Persons who exercise regularly have lower incidences of cancer, in general, and of cancers of the colon, prostate, endometrium (the lining of the uterus), and breast in particular. Exercise speeds digested food through the colon, denying it the opportunity to sit in one place and ferment and cause irritations that can bloom into cancer. Exercise lowers risks of endometrial and breast cancers by reducing body fat, which produces estrogen, a female hormone that facilitates the growth of some cancers."

Source: The American Medical Association-www.ama-assn.org.

M A R C H

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March - Week 9:

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Total Time: _____

Pamper Yourself

Sometimes we get caught up in the day-to-day stresses of life and forget to take time out for ourselves. By participating in Winterfit, you have made a decision to improve your health. Now it is time to further your progress by pampering yourself.

You have worked hard and deserve it!

- < Relax in a bubble bath with your favorite novel.
- < Cozy up to the fireplace on a cold evening and sip hot tea.
- < If you have been watching what you eat, occasionally splurge on your favorite food.
- < Hire a baby-sitter, grab some friends, and have an exciting night on the town.
- < Use all of that extra energy you have gained from exercising and use it doing whatever your heart desires!

Celebrate Life!

Yoko Ono, wife of the late John Lennon was once asked, "Was there anything you didn't get a chance to say to John before he died?"

"No," she said smiling. "We said it all, every day throughout our 14 years together."

So let this be the first day of the rest of our lives. Set forth to say those loving things that need to be said.

-Dr.Dale E. Turner

Week 10:

	Date	Activity	Total Minutes
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Total Time: _____

Why should I exercise? #6

Exercise helps control your weight. Muscles need energy to work. Energy is measured in calories. Exercise helps balance the calories taken in as food with the calories expended. Losing weight requires the calories expended to exceed those taken in. *Source: The American Medical Association-www.ama-assn.org.*

March – Week 11:

	Date	Activity	Total Minutes
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Total Time: _____

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March – Week 12:

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Total Time: _____

Websites on Health

Health Topics – <http://www.awhp.com>

This website provides a complete list of links to various health-related topics ranging from diabetes to fitness/exercise.

Nutrition – <http://www.welltech.com/workplacehealth>

Here you will find links to 21 nutrition resources including Fast Food Facts, Food and Nutrition Information Center, Ask the Dietitian, and other reputable sources.

Fitness – <http://www.acefitness.org/fitfacts/>

You will be able to access the latest up-to-date fitness facts monthly by looking at the American Council on Exercise web page.

Cholesterol – <http://www.ring.com/health/choleste/choleste.htm>

The Hope Heart Institute in Seattle, Washington in association with Hope Publications provides a webpage on "Watching your Cholesterol." Here you can choose from FAQ on medical terms, ways to control cholesterol, and a table of information about "good" and "bad" cholesterol.

The American Medical Association –

<http://www.ama-assn.org>

The American Medical Association has a website consisting of the latest health topics of concern to many Americans, medical and scientific information, as well as scientific journals.

Smoking Cessation –

<http://fbhc.org/Patients/Smoking Cessation/home.html>

<http://www.quitnet.org>

<http://www.swen.unwaterloo.ca/~bpekilis/as3.html>

These sites provide information ranging from an online support group to sites that offer help for controlling cravings.

* Please fill out and mail the "You made it!" post card to be eligible for the prize drawings in March. Thank you for participating in Winterfit. Look forward to other programs offered by HealthQuest.

The Winterfit program was designed and written by
Lindsay Howgill, HealthQuest intern.

How do you participate in Winterfit?

1. Now that you have received your Winterfit Log and wellness calendar, you're ready to start!
2. To be eligible for the prize drawing, you must exercise at least 2-3 times per week for 15-20 minutes (equivalent to a "beginner"). Work at your own pace to achieve the goals you set for yourself.
3. The exercise log was designed to make it easier for you to see your results and to keep you motivated. It is strictly for your benefit, so fill it out and hang on to it.
4. T-shirt Winners will be selected by a randomly generated list of numbers which will be matched with the participant subscription list.

For questions or comments:

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